

Arthritis Media Kit

**Educate the public on America's
most common chronic illness.**

www.cdc.gov/arthritis



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion

Interested Media:

Arthritis is the most common cause of disability in the United States. Despite this, arthritis often takes a back seat to other chronic diseases both in treatment and in public awareness. The information included in this packet is designed to help you gain a better understanding of arthritis as a chronic disease and its impact throughout the United States.

The CDC Arthritis program is working to improve quality of life for the 52.5 million American adults affected by arthritis. Our vision is a world where people with arthritis live the fullest life possible, with the ability to pursue valued life activities with minimal pain.

While working to accomplish these goals at the CDC, **we also want to serve as a resource to you and other members of the media.** A portion of your audience is undoubtedly living with arthritis and searching for self-management advice, physical activity recommendations, and other lifestyle tips. This packet, along with additional information from the CDC website (www.cdc.gov/arthritis), can help you provide accurate, timely, and beneficial information to improve the lives of millions of Americans living with this chronic disease.

This packet includes:

- Arthritis Fast Facts
- CDC Arthritis Program's Five Key Takeaways
- Why Your Audience Will Care
- Contact Information
- Infographics

Please contact CDC Media Relations at (404) 639-3286 for any additional information or to schedule an interview with CDC experts.

Sincerely,

Casey Hannan

Chief, Arthritis, Epilepsy, and Well-being Branch
Division of Population Health
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention

Arthritis Fast Facts

What is arthritis?

- Arthritis is an umbrella term encompassing more than 100 conditions affecting joints, the tissues that surround joints, and other connective tissue.
- Since there are different types of arthritis, there is no uniform set of symptoms. In general, arthritis and other related conditions are characterized by pain, aching, and stiffness in and around joints. Certain rheumatic conditions can also involve the immune system and various internal organs of the body. Symptoms can develop gradually or they can appear suddenly.
- The most common types of arthritis are osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.
- Arthritis is clinically diagnosed by conducting a physical exam and assessing medical history, symptoms, and laboratory studies.

Who is affected?

- Arthritis affects one in five adults in the United States.
 - This equates to an estimated 52.5 million adults.
 - Projections estimate this figure will rise to 67 million by the year 2030.
- Two-thirds of people with arthritis are younger than age 65.
- The prevalence of arthritis increases with age and is more common among women than men at all ages.
- Arthritis affects all race and ethnic groups, however, Hispanics and blacks report higher prevalence of activity limitations and severe pain in comparison to whites.

What is the impact of arthritis?

- Limitations are common: 22.7 million adults with arthritis experience arthritis-related limitations in everyday activities.
- Among adults with doctor-diagnosed arthritis, many report significant limitations in vital activities:
 - walking 1/4 mile - 11 million
 - stooping/ bending/ kneeling - 14 million
 - climbing stairs - 8 million
 - social activities such as movies, sporting events, attending meetings, clubs, or going to parties - 6 million
- More than one quarter (27%) of adults with diagnosed arthritis report severe pain in the last 30 days.

Arthritis Fast Facts (continued)

What is the impact of arthritis? (continued)

- Arthritis commonly occurs with and can complicate the management of other chronic diseases.
 - About ½ of the people with heart disease or diabetes also have arthritis.
 - People with heart disease or diabetes in conjunction with arthritis are more likely to be inactive than people with none or just one of those conditions.
 - Nearly 1/3 (30%) of obese Americans have arthritis; the combination of obesity and arthritis makes these adults 44% more likely to be inactive than adults with obesity only.

What is the cost to society?

- Arthritis cost Americans \$128 billion in 2003 - \$81 billion in direct medical expenses and \$47 billion in indirect costs such as lost wages.
- Arthritis is the most common cause of disability among adults in the United States. Arthritis causes work limitations for 30% of working-age people with the condition.
 - An estimated 6.9 million working-age Americans report work limitations due to arthritis.
- Arthritis negatively impacts the ability of American adults ≥45 years old to volunteer (do unpaid work outside of their home).
 - Among volunteers with arthritis, 41% (4.9 million) report limitations in the type or amount of volunteering they do due to arthritis.
 - 27% (6.8 million) of people with arthritis who do not volunteer cite arthritis as their main barrier.

CDC Arthritis Program's Five Key Takeaways

There are five key takeaways that we feel will help you tell the arthritis story that your readers need. They describe simple, natural, and understandable techniques that are easy for your audience to implement:

1. Learn Arthritis Management Strategies

- Self-management education strategies provide adults the skills and confidence to live well with arthritis, teaching them to better manage arthritis symptoms on a day-to-day basis.
- Interactive workshops such as the Arthritis Self-Management Program and the Chronic Disease Self-Management Program are low-cost and available in communities across the country.

2. Be Active

- Research shows physical activity decreases pain, improves function and delays disability.
- People with arthritis should strive for at least 150 minutes of moderate activity each week. This can be broken down, for example, into 30 minutes of moderate activity 5 days a week, done in 10 minute increments.
- Exercise programs, such as the Arthritis Foundation Exercise Program, EnhanceFitness®, or Walk With Ease, can help people with arthritis increase their physical activity safely and comfortably.

3. Watch Your Weight

- Maintaining a healthy weight can limit disease progression and activity limitation.
- For every pound lost, there is a 4 pound reduction in the load exerted on the knee.

4. See Your Doctor

- Early diagnosis and professionally guided management is critical to maintaining a good quality of life, particularly for people with inflammatory arthritis, such as rheumatoid arthritis, sometimes referred to as RA.

5. Protect Your Joints

- Avoiding injuries to joints can reduce the likelihood of developing osteoarthritis.

Arthritis: Why Your Audience Will Care

Arthritis is on the Rise

- A 2013 CDC study revealed a 2.5 million increase in the number of American adults diagnosed with arthritis from just three years earlier.
 - From 2010 – 2012, the number of adults living with arthritis increased from 50 million to 52.5 million.
 - Projections estimate 67 million adults will have arthritis by 2030.

Arthritis is Limiting More Americans Each Year

- 22.7 million adults report having arthritis-attributable activity limitations (AAAL).
 - The prevalence of AAAL is growing much faster than projected as the number of adults with AAAL was not expected to reach 22 million until 2020.
 - One in ten US adults has AAAL.
 - AAAL is much more common among adults with arthritis who also have diabetes, heart disease or are obese.
 - About 1/2 of adults with heart disease or diabetes also have arthritis and about 1/4 of adults with either of these conditions have AAAL.
 - Almost 1/3 of obese adults also have arthritis, and more than 15% have AAAL.

Arthritis Exacerbates the Challenge of Disease Management

- Arthritis makes it more challenging to manage other conditions.
- Arthritis is the most common cause of disability among U.S. adults.
- Adults with chronic health conditions – such as diabetes, heart disease or obesity – also experience a higher prevalence of arthritis.
- One-third of adults, aged 45 and older, with arthritis also have anxiety or depression.
- People with arthritis are less likely to be physically active, and physical activity is an important management technique for arthritis and chronic conditions such as heart disease, diabetes, and obesity.

Contact Information

To receive additional information or to schedule an interview with a CDC arthritis expert, please contact:

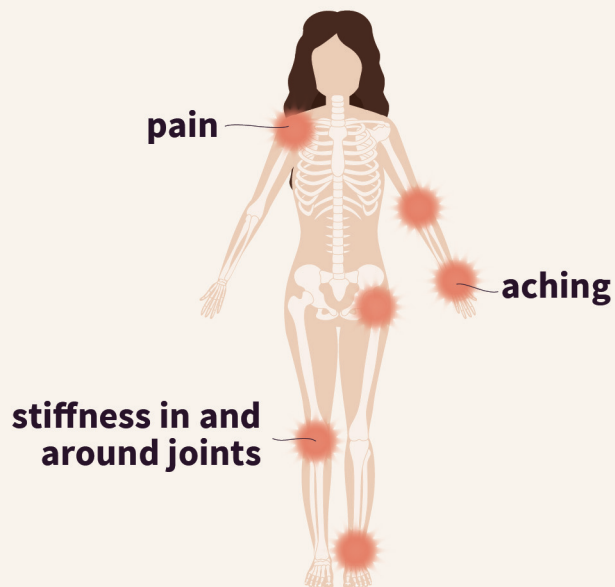
CDC Media Relations

(404) 639-3286

media@cdc.gov

What is Arthritis?

Arthritis includes more than 100 conditions affecting joints, the tissues that surround joints, and other connective tissue. **Common symptoms include**



To learn more about managing arthritis, please visit www.cdc.gov/arthritis.

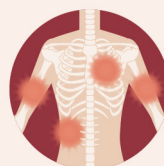


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The Five Most Common and Serious Types of Arthritis



Osteoarthritis
27 million



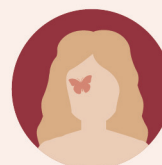
Fibromyalgia
5 million



Gout
3 million



Rheumatoid arthritis
1.5 million



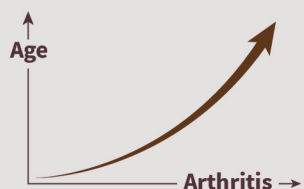
Lupus
about 320,000

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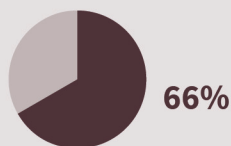


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Who Gets Arthritis?



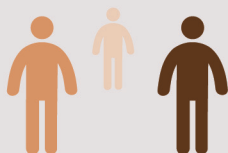
Arthritis increases with age.



But two-thirds of people with arthritis are younger than age 65.



Arthritis is more common among women than men.



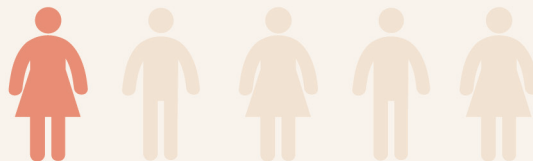
Arthritis takes a much larger toll on the quality of life for Hispanics and blacks than it does for whites.

To learn more about managing arthritis, please visit www.cdc.gov/arthritis.



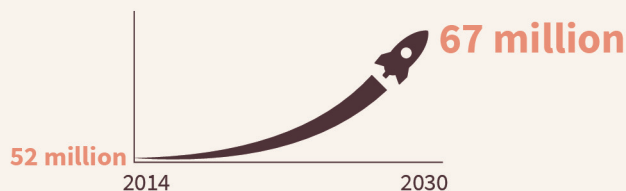
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Arthritis Affects One in Five Adults in the United States



That's about **52.5 million** adults.

Projections estimate this figure will **rise to 67 million by the year 2030.**



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Ouch! Arthritis Hurts

22.7 million adults with arthritis experience
limitations in everyday activities.



walking
11 million



climbing stairs
8 million



**stooping/bending/
kneeling**
14 million



**community and social
activities like visiting
friends and family**
6 million

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A Dangerous Combination: Arthritis & Obesity



Over

30%

of obese Americans
have arthritis.



The combination of obesity
and arthritis makes these adults
**44% more likely to be
inactive** than adults with
obesity only.

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The High Cost of Arthritis to Society

Arthritis cost Americans

\$128 billion
in 2003.



**\$81 billion in direct
medical expenses**



**\$47 billion in indirect
costs such as lost wages**

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Arthritis Hurts at Work

Arthritis is the most **common cause of disability**
among adults in the United States.



An estimated
6.9 million working-age Americans
report work limitations because of arthritis.

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CDC Arthritis Program's Five Key Takeaways

Be Active

Research shows physical activity decreases pain, improves function and delays disability. People with arthritis should strive for at least 150 minutes of moderate activity each week.

Watch Your Weight

Maintaining a healthy weight can limit disease progression and activity limitation. For every pound lost, there is a 4-pound reduction in the load exerted on the knee.

See Your Doctor

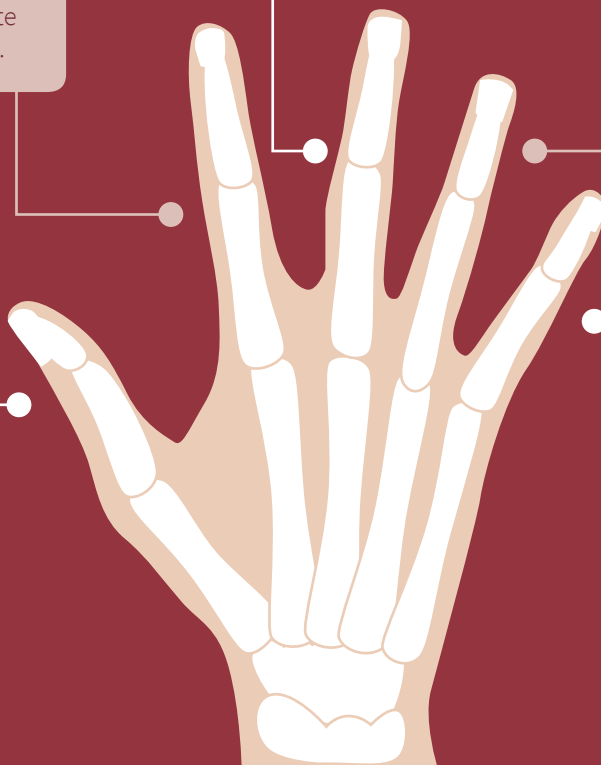
Early diagnosis and professionally guided management is critical to maintaining a good quality of life.

Learn Arthritis Management Strategies

Self-management education strategies provide the skills and confidence to live well with arthritis on a day-to-day basis.

Protect Your Joints

Avoiding injuries to joints can reduce the likelihood of developing osteoarthritis.



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Arthritis Is on the Rise

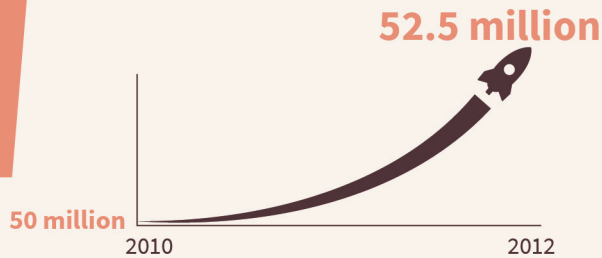


The number of Americans **diagnosed with arthritis** increased

2.5 million

from 2010 to 2012.

From 2010 to 2012, the number of adults living with arthritis **increased from 50 million to 52.5 million.**



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Arthritis Makes It Harder to Manage Other Diseases



Arthritis makes it more challenging to manage other conditions.

Half of the people with heart disease also have arthritis.

People with arthritis are less likely to be physically active, and **physical activity is an important management technique** for arthritis and chronic conditions such as heart disease, diabetes, and obesity.

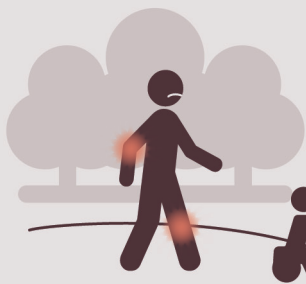


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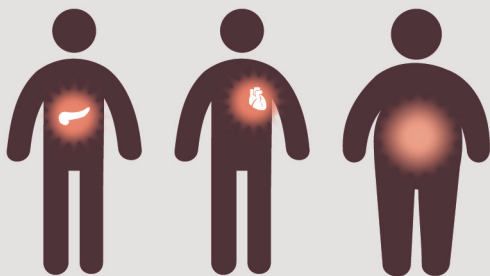
Arthritis Limits Many Americans Each Year



More than 22.7 million adults report having limitations **due to their arthritis.**

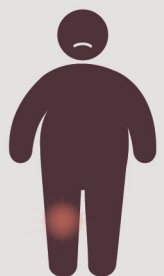


That means 1 in 10 of **all US adults** has limitations due to arthritis.



Arthritis limitations are much more common among adults with arthritis who also have **diabetes, heart disease or are obese.**

Almost 1/3 of obese adults also have arthritis, and **more than 15% have limitations due to their arthritis.**



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